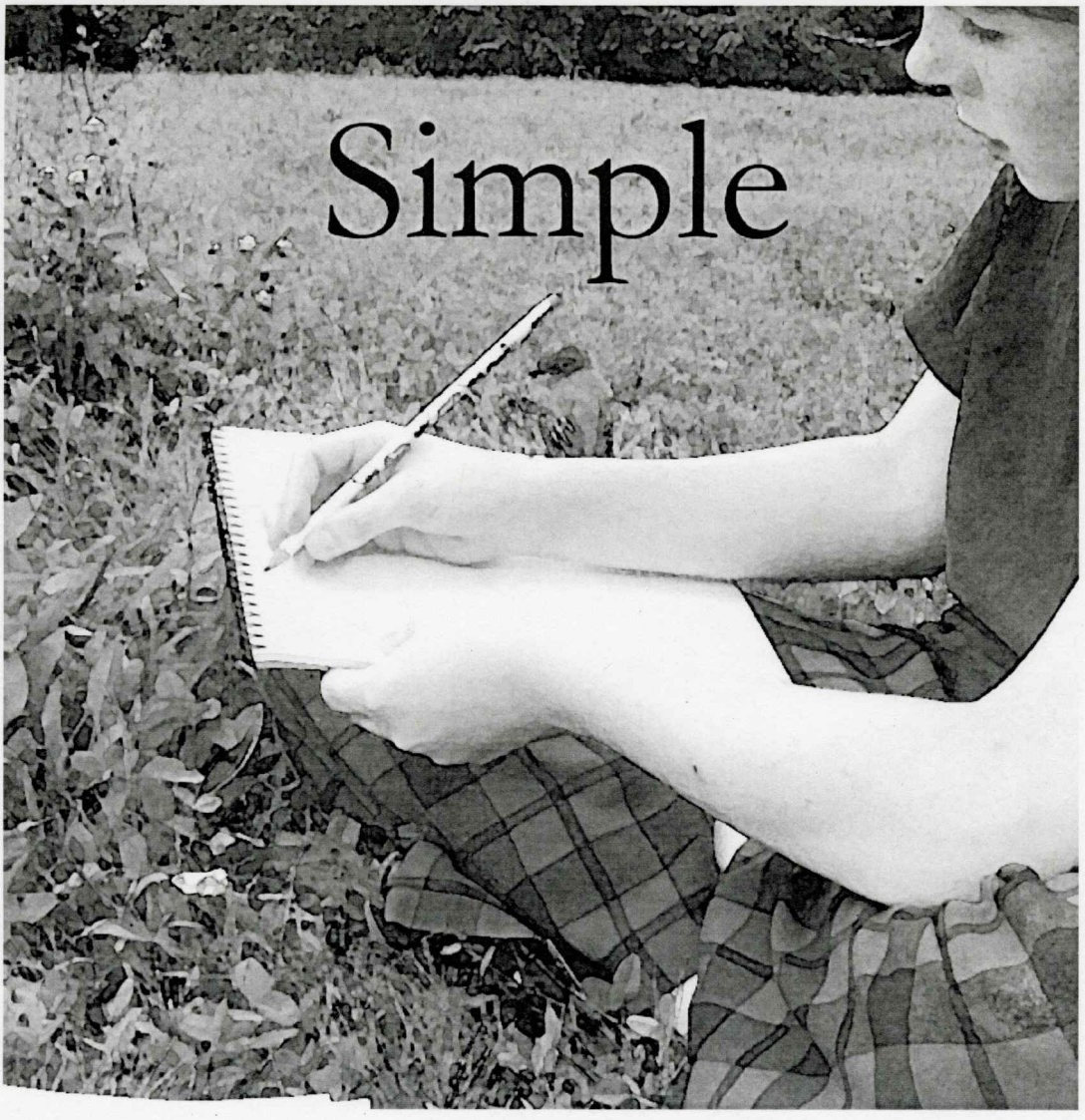
UNIVERSITÉ Concordia UNIVERSITY

STUDENT SERVICES Multi-faith and Spirituality Centre



Connecting to Yourself: Simple Living Journal

Striving for a simpler life and looking for ways to slow down and cut down? Using the journal as a practical tool, come and explore approaches to time, money, inner simplicity, work, simple pleasures, families, health, housing and other parts of life that are potential sources of a joyful life.
Facilitated by Ray McGinnis, author, and instructor (http://www.writetotheheart.com).
No writing experience is necessary, but welcome. Free for members of the Concordia community, $25 for external participants.

When: October 19, 5:30-9:00pm
Where: Loyola Chapel (7141 Sherbrooke Street West)
To register: ellie.hummel@concordia.ca or 514-848-2424 ext. 3590